

September 2012 – Group Exercise Classes

Diabetes Program – Salt River Fitness Center

Hours: Monday-Thursday 6:00am-7:30pm & Friday 6:00am-6:30pm

Calendar contains classes' fitness staff teach group exercise classes -- Salt River Fitness Center or other locations.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Labor Day Fitness Center CLOSED 	4 6:10a- 6:50a Spinning w/Rachel 9:30a-10:00a YS EEP-Mousercise 11:05a-11:50a Yoga Stretch w/Rachel 12:05p-12:50p Zumba® w/Robin 3:35pm-4:20pm (SR High) Zumba w/Rachel 5:30p-6:30p Spinning w/Michelle 6:30p-7:15p Boxing w/Nevelle	5 12:00p-1:00p Beginner Spin & Core w/Michelle 5:30p-6:30p Zumba® w/Rachel 	6 6:10a- 6:50a Spinning w/Rachel 9:30a-10:00a YS EEP- Mousercise 11:05a-11:50a Yoga Stretch w/Rachel 12:05p-12:50p Zumba® w/Robin 3:35pm-4:20pm (SR High) Cardio Mix w/Rachel 5:30p-6:30p Step Aerobics w/Jason	7 11:05a-11:50a Capoeira w/Clifford 12:05p-12:50p Spinning w/Michelle 5:30p-6:30p Lo Cardio & Sculpt w/Jason 	8 
10 11:05a-11:50a Yoga Stretch w/Jason 12:05a-12:50a Capoeira w/Clifford 3:35pm-4:20pm (SR High) Circuit w/Michelle 5:30p-6:30p Lo Impact w/Roberta 6:30p-7:30p Senior Dance 55+ w/Roberta	11 9:30a-10:00a YS EEP-Mousercise 11:05a-11:50a Cardio Mix w/Rachel 12:05p-12:50p Total Body Conditioning w/Dion 3:35pm-4:20pm (SR High) Ab-solute w/Jason 5:30p-6:30p Spinning w/Michelle 6:30p-7:15p Boxing w/Nevelle	12 12:00p-1:00p Beginner Spin & Core w/Jason 5:30p-6:30p Zumba® w/Rachel 	13 9:30a-10:00a YS EEP- Mousercise 11:05a-11:50a Yoga Stretch w/Rachel 12:05p-12:50p Zumba® w/Robin 3:35pm-4:20pm (SR High) Cardio Kickboxing w/Rachel 5:30p-6:30p Step Aerobics w/Jason	14 11:05a-11:50a Capoeira w/Clifford 12:05p-12:50p Spinning w/Michelle 5:15p-6:30p Zumba® & Sculpt w/Rachel	15 Salt River's Family Health & Fitness Day SR High School Athletics Building. 10k,2-mile,Family Fun Walk & Youth 0.6 mile (12 and under) Registration 6am-7am 1st event Starts at 7:15a
17 11:05a-11:50a Yoga Stretch w/Rachel 12:05a-12:50a Capoeira w/Clifford 3:35pm-4:20pm (SR High) Circuit w/Michelle 5:30p-6:30p Lo Impact w/Rachel 6:30p-7:30p Senior Dance 55+ w/Roberta	18 9:30a-10:00a YS EEP-Mousercise 11:05a-11:50a Cardio Mix w/Rachel 12:05p-12:50p Total Body Conditioning w/Dion 3:35pm-4:20pm (SR High) Ab-solute w/Jason 5:30p-6:30p Spinning w/Michelle 6:30p-7:15p Boxing w/Nevelle	19 12:00p-1:00p Beginner Spin & Core w/Michelle 5:30p-6:30p Zumba® w/Rachel 	20 9:30a-10:00a YS EEP- Mousercise 11:05a-11:50a Yoga Stretch w/Rachel 12:05p-12:50p Zumba® w/Robin 3:35pm-4:20pm (SR High) Zumba® w/Rachel 5:30p-6:30p Step Aerobics w/Jason	21 10:00a-12:00p Fitness Center CLOSED Staff Attending Health Service Mandatory Meeting 12:05p-12:50p Spinning w/Michelle 5:15p-6:30p Zumba® & Sculpt w/Rachel	22 
24 11:05a-11:50a Yoga Stretch w/Rachel 12:05a-12:50a Capoeira w/Clifford 3:35pm-4:20pm (SR High) Circuit w/Michelle 5:30p-6:30p Lo Impact w/Rachel 6:30p-7:30p Senior Dance 55+ w/Roberta	25 9:30a-10:00a YS EEP-Mousercise 11:05a-11:50a Cardio Mix w/Rachel 12:05p-12:50p Total Body Conditioning w/Dion 3:35pm-4:20pm (SR High) Ab-solute w/Jason 5:30p-6:30p Spinning w/Michelle 6:30p-7:15p Boxing w/Nevelle	26 12:00p-1:00p Beginner Spin & Core w/Michelle 5:30p-6:30p Zumba® w/Rachel 	27 9:30a-10:00a YS EEP- Mousercise 11:05a-11:50a Yoga Stretch w/Rachel 12:05p-12:50p Zumba® w/Rachel 3:35pm-4:20pm (SR High) Yoga Stretch w/Rachel 5:30p-6:30p Step Aerobics w/Jason	28 Native American Day for SRPMIC Fitness Center CLOSED	29 

Class Description:

20-min. Abs: This 20-minute workout focuses on strengthening your abs. Stop doing crunches on your own. This abs class uses various stations and/or equipment to make abdominal work fun again.

Ab-solute: Get a whole body workout with an emphasis on abdominal training. Class will contain a mix of exercises to strengthen and stretch the core muscles of the abdomen and back. Stability Ball and other equipment may be utilized. There is no aerobic component.

Beginner Spin & Core: In this class you will learn the basic of spinning class – flats, hills, runs, jumps, and etc. with upbeat music to keep you motivated. The cycle portion of the class will be 40 minutes and followed by core exercises off the bike. LIMITED to 7 riders and remember to bring a towel and water bottle.

Boxing: Please bring in your own boxing gloves and hand wraps. In this class the instructor will guide you through proper punching techniques and sparring with other participants in class for a more effective workout. Class will start with a self motivated warm up of skipping rope, shadow boxing and stretching plus other variety moves. Please be prepared workout hard.

Cardio Kickboxing: Cardio kickboxing is a non-contact workout that includes both cardio and strength training routines in an energizing environment. It incorporates kicks, jabs, hooks and uppercuts to improve overall agility and power.

Cardio Mix: A basic class that's great for beginners and people who like to keep things moving! This class will incorporate the 2 or 3 following of 20-15 minutes easy to follow Hi/Lo aerobics, basic kickboxing, Step Aerobics, Zumba® or body sculpting. You'll get a diverse workout experience with this class



Circuit: A workout that targets aerobic fitness and muscular endurance. In this workout participants may work in stations or as a group. Body weight, hand weight or resistance equipment will be maybe used.

Capoeira: Get in shape, meet new friends, and do things you never thought you could do before! You will leave with a basic understanding of proper technique for the fundamental Capoeira movements: ginga, au', kicks, cartwheel, escapes, punches and blocks. Created as a way to resist their enslavement in Brazil during the 1800s and practiced secretly for years, Capoeira has finally found a place in the world of martial arts. Consisting of a dance-like fight, the martial art was designed to appear like a game. Practitioners stand in a "Roda" or circle and take turns battling in the center. Once illegal in Brazil, Capoeira is now practiced in every state and in most countries across the globe.

Lo Cardio & Sculpt: Looking for a low impact class that will burn the fat and sculpt your muscles? This class is for you to start of the week. This class is great class to join. The instructor will take you through a 10 minute warm up followed by a 30-40 minute cardio and weight training workout (you choose your dumbbell weight) for a total body workout. ALL FITNESS LEVELS WELCOME!

Lo Impact: Designed to get your body moving! Continuous movement and energetic music are combined to keep you working aerobically. At least one foot is in contact with the floor at all times, minimizing the amount of stress placed on the joints. Cardio word out will be followed by light resistance and weight training.

Spinning®: Indoor cycling class. This class is set on a stationary bike where the instructor will guide you through ride through flats, hills and incorporate movement of runs, sprint and jumps. Instructor will instruct you through the class. Bike adjustments for hills and other moves will be instructed. If you are new to class please come 5 minutes early so you can set up your bike. LIMITED TO 7 PARTICIPANTS. Bring your water bottle and towel!

SENIOR DANCE CLASS 55+: Move and groove to the oldies, country and contemporize music set in a line dancing format.

Step Aerobics: Get your groove on and burn some calories! A 32 count friendly choreography basic moves, such as, basic step, v-steps, step touch and etc. strung together into a sequence. More advanced move such as turns, mambo's, and stomps may be use. These elements are put together into 2-3 routines in each class. Regardless of the complexity of the choreography, the instructor will offer various options for different levels of intensity/dance ability while teaching the routines. Use a 6 - 8 inch step for a total body workout.

Total Body Conditioning (TBC): Looking for a calorie burning class and want to add strength training to your workout? Look into joining this class! It a moderate to high intensity class that can be challenging that will give you the results you want of weight loss, lower body fat and add strength to your body. Do your weight training in a group setting. An awesome class! Variety of equipment will be used.

Yoga Stretch: Stretch, strengthen, breathe and relax with this slowly paced sequence that begins with plenty of warm-up movement and offers posture variations for different fitness and experience levels. All levels welcome.

YS EEP Mousercise: Youth Service's Early Enrichment Program exercise session for kids 3-5 years old. Incorporate aerobic exercise, coordination exercise and fun games to workout on motor skill and aerobic conditioning.

Zumba®: Join the party! Zumba combines high-energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. Add some spice and flare to your workout and shake your cha-cha! This Latin-based group exercise class is fun and easy to do. No dance experience required!

Zumba® & Sculpt: Same format as Zumba in which the instructor will focus on basic choreography moves but basic moves for 40 minutes then followed up by light to moderate weight/resistance training to sculpt your upper body, abdominals, and lower body.

